

In 1994, Jeremy graduated from Midland Lee High School in my congressional district. He sought a nomination to the United States Merchant Marine Academy and was granted the appointment. In June 2002, Jeremy will graduate from this institution. The excellent training Jeremy received at King's Point paid off not only for himself but also his country.

Mr. Speaker, it is my honor to publicly thank Jeremy for his actions on September 11, 2001, and to extend my congratulations to him on the occasion of his upcoming graduation. I wish him nothing but the best for the future.

IN TRIBUTE TO MARY A. GAINES

HON. ELIOT L. ENGEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Tuesday, April 16, 2002

Mr. ENGEL. Mr. Speaker, the Carter G. Woodson Award of Mercy College has been given annually since 1986 to notable contributors to African American life and history. This year the awardee is Mary A. Gaines, the executive director of the Nepperhan Community Center. I am proud to consider her a good friend.

Early in her life Mary knew she wanted to work with young people. She came to Yonkers from North Carolina and studied at Mercy College and Westchester Community College. Since 1968 she has served in various capacities in the Nepperhan Community Center, an organization serving a wide range of community needs.

Indeed Mary has touched the lives of hundreds, if not thousands of young people in her time at the Community Center. During that same period of time the Nepperhan Community Center grew from a small, cramped facility to one occupying a renovated and spacious building. The youth programs have become much more solidly funded and the number of programs serving the community has grown to include the Adolescent Pregnancy Prevention Service Program, the Independent Living Skills/Careers for Youth, the Youth Communications Network, Act for Youth, the Yonkers Success Training Academy, and the Drug Free Program, among many others.

She has also served in other distinguished organizations such as the United Way of Yonkers, the Black Women's Political Caucus, the New York State Division for Youth Advisory Board, the Yonkers Community Development Agency Board, and many others.

Needless to say she has received many awards for her good works. She attends the Mount Carmel Baptist Church, serving on its Missionary Society and Education Committee.

She epitomizes the adage that if you want something done, ask a busy person to do it. She has worked for several generations of Yonkers youth, helping and guiding them with her knowledge and experience, and her love. If Yonkers is a better place, and it is, we can thank Mary Gaines, and those who share her dedication and devotion to making the lives of its people better. Congratulations Mary, I'm proud to know you and Yonkers is fortunate to have you.

RICHARD DAVID KAHN MELANOMA FOUNDATION

HON. MARK FOLEY

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, April 16, 2002

Mr. FOLEY. Mr. Speaker, I would like to express my support for the Richard David Kahn Melanoma Foundation and to recognize May 6, 2002 as Melanoma Monday, Skin Cancer Awareness Day. This year alone, over one million Americans will be diagnosed with some form of skin cancer. Out of the one million diagnosed—10,000 of those will die—that equals one person every hour.

This number is unconscionable given the fact that skin cancer is 100 percent preventable and curable when detected early. Our most powerful tool against this disease is education. I commend the actions of the Palm Beach County-based Richard David Kahn Melanoma Foundation for its relentless efforts in educating the people of South Florida about the dangers of melanoma and the steps needed to prevent it. The Foundation reaches more than 10,000 local residents directly each year through the many school and community-based presentations and special events.

I would encourage my constituents, and the American people at large, as we come close to the summer of 2002, that they avoid peak sunlight hours (10:00 a.m. to 3:00 p.m.), when the Sun's rays are most intense. I would also recommend that anyone going outside use the appropriate sun block and minimize their exposure.

Every year we spend billions of dollars on curing thousands of diseases. Melanoma can be cured by simple education and awareness. I am proud of the work that the Foundation has done and am proud to recognize May 6, 2002, Melanoma Monday, Skin Cancer Awareness Day.

COMMENDATION FOR 11-YEAR OLD LIFESAVER, VINCENT MICHAEL CRUZ SABLAN

HON. ROBERT A. UNDERWOOD

OF GUAM

IN THE HOUSE OF REPRESENTATIVES

Tuesday, April 16, 2002

Mr. UNDERWOOD. Mr. Speaker, as islanders, the people of my home district of Guam are particularly sensitive to water-related accidents, whether in the ocean, in a swimming pool or in a bathtub. All too often, we are saddened by the news of drowning tragedies, especially those which claim the lives of children. A physical education class at the Andersen Air Force Base swimming pool last December would have ended in another such tragedy, if not for the quick action of 11-year old Vincent Michael Cruz Sablan, a sixth-grade student at DODEA's Andersen Middle School.

On December 19, 2001, as his classmates frolicked in and around the water, Vincent and his friends noticed that another boy was lying motionless on the bottom in the deep end of the pool. At first they thought the boy was fooling around, testing his ability to hold his breath underwater, but they soon realized that the boy was in trouble. A self-taught swimmer with no formal lifesaving training, Vincent was

the only one in the group able to dive deep enough to reach the boy at the bottom of the pool. On his first attempt, Vincent could only get close enough to see that the boy was not just holding his breath. He then re-surfaced, drew a big breath and dove again. He reached the submerged boy's body and grabbed a hold of him. The drowned boy was taller and heavier, but Vincent managed to bring him to the surface.

By then, the commotion had drawn adult attention and base emergency responders were summoned immediately. The boy was not breathing and had to be resuscitated. He was transported to the Naval Regional Medical Center, where he spent two days in the Intensive Care Unit. According to medics, the boy was only seconds away from death, but Vincent's effort made the difference. After five days in the hospital, the boy was released and is now well and fully recovered.

Vincent went home from school that day and made no mention of the incident to his parents, Guam National Guardsman, CWO Vincent A. and Agnes Cruz Sablan, of Dededo. He resumed his sixth-graders life, watching television, playing with his friends, being reminded to do his chores and struggling with his homework. It wasn't until base security called and reported to CWO Sablan that his son was a genuine hero.

Mr. Speaker, as parents, we strive to teach our children right from wrong, to instill in them the virtues and values we hold dear. We try to prepare them for life as responsible adults and we hope that they make right decisions and do good things. Just as we are dismayed when they stumble, we must praise when they shine. Last December, Vincent witnessed something wrong. He realized that someone's life was at stake and that he had to do something to help. He did not panic or turn away from a threatening situation. Instead, he did what he knew was right, and what he did was extraordinary. He saved a life. Afterward, he did not brag about his deed. He sought no accolades or rewards. Even so, this young man deserves our gratitude and our praise, for proving that, when taught, children will be responsible even from an early age. I take great pride and pleasure in commending Vincent Michael Cruz Sablan. He truly is a lifesaver and merits recognition as such.

The youngest of four children, the "baby" of his family, Vincent has already proven himself to be a valuable member of the Guam community. I join his parents and his siblings, Michael, Angela and Steven, in saying, "Well Done, Vincent!"

TRIBUTE TO LYNNE SILBERT

HON. HOWARD L. BERMAN

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, April 16, 2002

Mr. BERMAN. Mr. Speaker, I am greatly honored today to pay tribute to one of my most unique and closest friends, Lynne Silbert, who has been chosen to receive the prestigious Human Spirit Award from the Wellness Community of West Los Angeles.

It is hard to find words to adequately describe Lynne. Lovely and charming, inside and out, she has touched a myriad of lives. She is warm and generous, but truly defined by her